

NEW PERFECTION KITCHEN PRIMER

PAGE 8

LESSON 5



EXIT BLUE MONDAY

Here it is Monday washday and Mrs. Sprightly is still smiling.

Why? Because she has plenty of hot water. Her New Perfection Kerosene Water Heater supplies all the hot water she needs for kitchen and bathroom and it costs less than it would to keep a hot fire going in the range. Mrs. Sprightly lets the range go out altogether in the summer time—does her cooking on a New Perfection Oil Cook Stove.

It's the famous long blue chimney burner that makes New Perfection oil-burning devices efficient and trouble-proof. 1916 model New Perfection Oil Cook Stoves have the new patented reversible glass reservoir and many other improvements. Sold in 1, 2, 3, and 4 burner sizes by dealers everywhere.

STANDARD OIL COMPANY OF NEW YORK

Principal Offices
New York Albany
Buffalo Boston



No. 8 WATER HEATER

LOOK FOR THE LONG BLUE CHIMNEY

Shake into Your Shoes

GRANITEVILLE

Allen's Foot-Ease, the antiseptic powder to be shaken into the shoes and used in the footbath. It relieves painful, swollen, smarting feet and instantly takes the sting out of corns and bunions. It's the greatest comfort discovery of the age. Allen's Foot-Ease is a certain relief for sweating, callous, and hot, tired, aching feet. Sold by druggists everywhere. 25c. Always use it to break in new shoes. Trial package FREE. Address, Allen S. Olmsted, Le Roy, N. Y.—Adv.

Regular meeting of branch No. 12, Q. W. I. U. of N. A., will be held in Miles' hall Wednesday evening, June 28, at 7:30 o'clock. Election of officers and other important business. All members are present. P. J. Finnigan, sec.

Topics of the Home and Household.

It is difficult to iron between the buttons on a shirtwaist without breaking them loose or leaving a puckered edge. A good plan is to have a very thick, narrow pad of flannel to slip under the right side for the buttons to sink into while you are ironing the wrong side, then run the iron once along the outside edge of the right side.

Popcorn Balls—Have ready about six quarts of nicely popped corn, all kernels not well opened having been removed. Keep the corn warm. Mix one-half cupful of light brown sugar with an equal quantity of molasses. Boil until it threads well when drained from spoon. Pour over corn, stirring thoroughly. As soon as cool enough to handle, press into balls. Molasses alone may be used if desired.

Polish Stewed Tongue—Prepare a fresh tongue and boil in the usual way. Sauté a chopped onion and a little chopped pepper in butter; add a tablespoon of flour mixed smooth with a little of the water the tongue was boiled in, a cup and a half of the tongue water, a dash of nutmeg, a little cinnamon, two tablespoons of vinegar, a little thinly sliced lemon and one tablespoon of sugar. Mix all ingredients thoroughly together and allow them to boil up smooth; then add the tongue that has been skinned and diced, and serve turned around a pat of panned spinach.

You Pay for the Box.

Prepared cereal breakfast foods in attractive packages cost two or three times as much as rolled wheat or oatmeal for making the old-fashioned mush which furnishes the same amount of nutriment, according to Prof. L. E. Jaffa, consulting nutrition expert of the California state board of health. The total nutriment in any of these prepared foods cannot be any greater than that of the corn, wheat, oats, barley or rice from which it is prepared.

Through the enforcement of the food and drug act, many of the extravagant claims formerly made on the labels of packages of breakfast foods are no longer found. One claim that is made for some of these foods is that they are more or less predigested, and that the starch is partly converted into sugar. Investigations show, however, says the Irish World, that this malting process is never completed, the amount of starch converted into sugar never being more than one-half, and in many cases, less than a quarter of the total.

Prof. Jaffa states that some people having weak digestion may possibly derive benefit from the use of the partially malted preparations, but with the average healthy person, the so-called predigested foods are no more thoroughly digested than is good old-fashioned oatmeal.

It is also true that the available nutriment of the cereal breakfast foods are less than those of either graham, whole wheat or white bread. While it is true that most of such breakfast foods are packed in a sanitary manner and are wholesome as well as nutritious, from the standpoint of economy they are very expensive.

Recooking the Leftovers.

If the housekeeper wishes to indulge in the economy of made-over dishes she should learn to respect all the odds and ends and to have them stored away neatly in the ice chest, says the Irish World. In that case they will look tempting and quite worth the trouble required to prepare them.

Let the different "remains" always be put away separately—vegetables on one dish, fish on another and meat on a third. Thus, for instance, if you have had fish and sauce for the dinner, and some of both are left, though not enough to make a dish as they stand, add one or two chopped hard-boiled eggs, seasoning to taste, and, after heating, pour over reheated tea biscuits that have been split open and spread with softened butter.

Combined with Biscuits. In this way, often a palatable luncheon may be made from the remnants of yesterday's dinner.

"Watch Your Step"

To all those that suffer terribly with sore, tired, aching feet, the least jar or misstep causes untold agony—but immediate relief is at hand for there is one remedy that has never failed to help sore feet. No matter how long you have suffered, just get from any drug store a bottle of Minard's reliable, creamy liniment and use as directed—for instantly you will find that nothing is as effective for your poor, sore, tired, aching, perspiring feet—and you will wonder at its magic. It never burns or blisters and stains neither flesh nor clothing. It is clean and economical to use—and will surely help you.

combined with the biscuits left over from breakfast. Or of vegetables, perhaps you will find a tomato or two, two or three stalks of celery, a spoonful of Brussels sprouts and a few cold potatoes. Here is the basis for a most excellent macedoine salad. Cut the sprouts in halves, chop the celery and dice the potatoes and tomatoes. Mix well together, add one chopped hard-boiled egg, moisten with a boiled dressing and serve in individual portions in cups of lettuce leaves.

Stuffed Tomatoes—Stuffed tomatoes are especially good as a means of re-creating cold meats. A savory omelet with either a meat or vegetable filling is seldom seen, yet it furnishes a very tempting breakfast or supper dish, and even the traditional hash is not to be despised if it is properly made and delicately flavored with a novel seasoning.

Bacon Fritters—Bacon fritters suggest still another novel means of using up "left-overs." These are made from bits of minced meat—any combination may be utilized. Season the mince highly and blend with the yolk of an egg and a spoonful of gravy. Then fold a spoonful of the mixture in a thin strip of fat bacon, and, after dipping in a fritter batter, fry in deep hot fat to a golden brown.

This last recipe possesses the advantage of using up bacon too fat to use in any other way. The filling and batter can be prepared the night before, and in readiness for an early breakfast.

Croustades of Chicken—Chop any remnants of cold chicken and mix to a paste with a rich, highly seasoned cream sauce. Split open small pointed dinner rolls, brush over with melted butter, inside and out, all with the chicken mixture and place the rolls in a hot oven for 10 minutes. Serve immediately.

Dorothy Dexter.

For Pimples Faces Try Cuticura Soap and Ointment

Samples Free by Post

A simple, easy, speedy treatment. Smear the pimples lightly with Cuticura Ointment on end of finger and allow it to remain about five minutes. Then wash off with Cuticura Soap and hot water and continue bathing for some minutes. This treatment is best upon rising and retiring, but is usually effective at any time.

For pimples, redness, roughness, itching and irritation, dandruff, itching scalp and falling hair, red, rough hands and baby rashes, itches and chaffings these fragrant super-creamy emollients are wonderful. They are also splendid for nursery and toilet purposes.

Sample Each Free by Mail With 32-p. Skin Book on request. Address post-card "Cuticura, Dept. 17, Boston." Sold throughout the world.

BRILLIANT PAGEANTRY

Represented History of Vermont and of the State University

UNUSUAL FEATURE OF COMMENCEMENT

Phases Were Interpreted by Students of All the Classes

Burlington, June 27.—One of the most interesting events of the commencement period of the University of Vermont was the historical pageant given on the campus back of the university this afternoon. The pageant consisted of a series of historical and poetical episodes, showing important events in the history of the state and university and symbolizing their development.

These were interpreted by Morris Wilcox, president of the senior class, reading from "The Book of Pageantry" and embodying "The Spirit of the University." The first gave greeting and introduced Miss Stiles, vice president of the class, representing "The Spirit of the State," whom it was his duty to defend and uplift as did the Green Mountain Boys whose spirit he perpetuates. Mr. Wilcox was dressed in the Green Mountain Boy costume and stood at the left of the stage before a tall pillar bearing the university seal. Miss Stiles wore a costume such as described by Mrs. Julia C. R. Dorr in her poem apostrophizing "Vermont," and she sat on a golden throne at the opposite side of the stage before a pillar to which the seal of the state was attached. Her attendants were two little pages also in Green Mountain costume. She held a large book of dates which she opened to indicate the time of the respective periods.

The various episodes represented both historical and allegorical scenes. The picture of a Grecian temple represented the heart of the university. Out of this temple came the senior class bearing portraits of the makers of the past, benefactors and others who have been especially prominent in the life of the university. These portraits were placed on easels and the seniors formed on either side of the stage while the procession of alumni by classes and carrying banners passed across the stage to seats reserved for them. The first episode was given by the young women of the Phi Beta Phi fraternity, one of whom was costumed to represent Lake Champlain. She was dressed in white with silver spangles on her gown, the costume being bordered with evergreen. These young women

Why Suffer From Migraine or Sick Headache?

Dr. J. J. Caldwell says that this exceedingly distressing disease does not shorten life, but does not appear to be curable. Sufferers from this affliction are condemned to undergo the periodical attacks every few weeks until they are forty years of age, after which the attacks are less frequent, and finally disappear entirely. Palliative measures during the attack are all that it is possible to suggest, while care in the diet is the best preventive measure. An attack may often be prevented by taking two anti-kamnia tablets when the first symptoms appear, and one anti-kamnia tablet every two hours during the attack shortens it, eases the pain and brings rest and quiet. Anti-kamnia tablets may be obtained at all drug stores. Ask for A-K Tablets. They quickly relieve all pain.

BOMB IN NEW YORK FEDERAL BUILDING

Package Containing Nine Sticks of Dynamite Also Found Behind One of the Doors.

New York, June 27.—What had the appearance of being a bomb and with it nine sticks of dynamite was found yesterday behind a door of one of the entrances of the federal building. The bomb and the dynamite were wrapped in a package, the paper of which was slightly scorched. An inspector of the bureau of combustibles took the package away for examination.

Inspector Owen Egan of the bureau of combustibles said that the dynamite found in the package was a powerful brand, sufficient to blow up a dozen buildings. He declared that the scorched paper showed evidence that a fuse had been attached, but had burned itself out without reaching the explosive.

Gold and Copper in Wyoming.

Unlike her sister Rocky Mountain states, Wyoming rests her claims of mineral production almost entirely upon her supplies of coal and oil, but here and there in the state there are metalliferous deposits which have added not a little to its mineral wealth, and which hold some possibilities for the future. To give a better understanding of these possibilities, in response to numerous requests received from persons interested in the development of the mineral resources of Wyoming, the United States geological survey has just published a report presenting information obtained by A. C. Spencer, geologist, in a reconnaissance of the Atlantic gold mining district, in Fremont county, and parts of the North Laramie mountains, in Converse and Albany counties.

The history of mining in the Atlantic district dates from the early forties, but there was no extensive development until about 1867. By 1871 the principal veins of the district were located and 12 stamp mills had been erected. Up to 1873 the gold production of the district appears to have amounted to about \$550,000, and the best available data indicated that the value of the total output does not exceed \$1,500,000. Since 1873 interest in the Atlantic district has been maintained largely through recurring attempts to reopen certain of the previously productive mines.

Though the immediate outlook for a general revival of gold mining in the Atlantic district is not encouraging, the belief that the stronger gold-bearing veins persist in depth with about the same characteristics that they have near the surface raises the hope that with multiple development of deposits and well-planned methods the early promise of the region may yet be fulfilled. This problem, which involves the planning and execution of development work, methods of ore treatment, transportation, and cost of power, is discussed by Mr. Spencer.

Although more or less work has been done at one place or another since about 1873, mining in the North Laramie mountains remains in the prospecting stage. In recent years the search has been chiefly for copper but the results have been disappointing and the geologist concludes that there is little chance of discovering really extensive copper deposits. Some small deposits may be mined, but in general, the outlook is not

Ain't It The Truth?



You don't use a candle when the electric light is on the job:



You don't hire a hack when you want to go to Buffalo:



And you don't call for any Dark Age Stuff when you want a smoke:



You say "MECCA!"

Ain't It The Truth?



The fine tobacco fields of Turkey and America yield their choice crops to the MECCA Turkish Blend. The planting and cultivation of this superior leaf for MECCA are carefully supervised.

The price of MECCA gives no indication of this remarkable Quality that makes MECCA the wonder brand of the cigarette world.

10 in the hardy 5c 20 in the 10c

THE AMERICAN TOBACCO COMPANY

very encouraging. Deposits of magnetite, chromite and asbestos are known but none has been profitably worked.

In both regions the lode deposits occur in schists of pre-Cambrian age, partly with quartz in distant fissures and partly as tabular or lenticular bodies of rock through which the sulphides are distributed. These bodies are aligned in more or less definite belts in the schists. Details of the geology of the general region as well as of each of the two areas, are given, and the character of the veins and mineral occurrences are discussed individually and collectively.

Sani-Flush

keeps toilet bowls spotless and sanitary. 25 Cents a Can

The principal local dealers sell it. If your dealer hasn't it, ask him to get it for you.

Prepare for the 4th of July

Show your colors on Independence Day. Our Country's Flag assures a "safe and sane" Fourth. Unfurl the grand old Stars and Stripes and thus pay homage to almost a century and a half of PROGRESS.

Get Your Flag Now

Whoever you are, whatever you do, wherever you may go, however you celebrate, be sure to swing Old Glory to the breeze in honor of the Glorious Fourth.

FOR A SHORT TIME YOU CAN GET THIS GREAT BIG STANDARD FLAG FROM

THE TIMES

The time is short now, as this distribution must be withdrawn as soon as the present supply is exhausted—so be quick.

HOW YOU CAN GET THIS SPLENDID FLAG

IF BY MAIL SEND 6c EXTRA FOR POSTAGE

On page 6 of this paper you will find a Special Flag Coupon. All that it is necessary for you to do is to clip this coupon and bring or send it to The Times office with 98c in cash, and this beautiful flag is yours.



Description—Flag is 8 ft. long by 5 ft. wide, made of rain-proof, sun-proof American bunting—absolutely fast colors. Stripes sewed, double stitched. Has strong canvas heading and metal grommets.

CLIP THE FLAG COUPON and PRESENT IT TO-DAY

Flag Coupon Printed in Another Column of This Paper

Proper respect for the flag should be shown by observing the following rules

The flag should not be hoisted before sunrise nor allowed to remain up after sunset.

At "retreat," sunset, civilian spectators should stand at "attention" and uncover during the playing of the "Star Spangled Banner." Military spectators are required by regulations to stand at "attention" and give the military salute.

When the flag is down at half staff as a sign of mourning, it should be hoisted to full staff at the conclusion of the funeral.

In placing the flag at half staff, it should first be hoisted to the top of the staff and then lowered to position, dropping it from the top of the staff the distance of the width of the flag, and preliminary to lowering from half staff, it should first be raised to the top.

Where several flags are displayed on poles with the national flag, the Stars and Stripes should be hoisted first and on the tallest and most conspicuous staff. Where two flags are displayed, one our national flag, it should be placed on the right. (To ascertain the right of a building, face in the same direction as the building.) No flag should ever be flown from the same staff as the U. S. flag, except in the navy; then only during divine service, when the church pennant may be displayed above the national flag—God above country.

When, in parade, the national flag is carried with any other flag, it should have the place of honor, at the right. If a number of flags are carried, the national flag should either precede the others or be carried in the center, above the others, on a higher staff.

When flags are used in unveiling a monument, tablet or statue, they should not fall to the ground, but be carried aloft, forming a distinctive feature of the ceremony.

When the national flag is used as a banner, the union should be at the right (as you face the flag). When used as an altar covering, the union is at the right (as you face the altar), and nothing should ever be placed upon the flag except the holy Bible.

The flag should never be flown reversed except in the case of distress at sea.